

Loyal Heights Community Center

Winter Programs

Please visit us online:

www.cityofseattle.net/parks/Centers/Loyalhld.htm

2101 NW 77th Street/Seattle, WA. 98117 | ph: (206) 684-4052



Loyal Heights Community Center

Business Hours

Monday/Wednesday/Friday	1pm - 9pm
Tuesday/Thursday	10am - 9pm
Saturday	9am - 5pm
Sunday	Closed

Holiday Schedule

There will be no programs offered on the following days:

January 1	New Year's Day
January 19	MLK Day
February 16	President's Day

2101 NW 77th Street
Seattle, WA. 98117
ph: (206) 684-4052
fax: (206) 684-4053

Mission Statement

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

Program Registration

Walk-In Registration

Walk-in registration for Winter Quarter 2004 begins **December 15, 2003**.

Registrations are accepted until classes are full.

Classes **begin** January 5, 2004

Classes **end** April 2, 2004

(unless otherwise noted)

Class Minimums

Most people are surprised to learn that Loyal Heights receives **no funding** from the City to operate most of the programs and services that are offered. These activities are totally self-supporting. This is why we have to establish class minimums. Class minimums are established to cover all fixed costs of a program. **Minimums must be met 5 business days prior to the first day of the class/program in order for that class/program to run.** If minimums are not met, enrollees will be notified 1 to 2 days before the start date. The class/program may first be postponed one week in order to allow for additional enrollments. After one week of postponement, classes/programs not meeting minimums will need to be cancelled. We always need and appreciate your efforts in recruiting additional enrollees during postponement periods as this aids towards meeting class minimums more successfully.

Waiting Lists

Waiting lists will be formed for all filled classes. Be sure to sign up on the waiting list as class openings may become available. If waiting list demands are high, additional classes may be formed. Contact us for space availability at (206) 684-4052.

Class Confirmations

We do not send confirmation. There will be notification by phone only if a class is cancelled or postponed.

Payment

Payments must be received prior to class participation to be officially registered. Please pay by personal check, money order, or credit card when registering. Only exact cash accepted. Please make check payable to *Loyal Heights Advisory Council (LHAC)*. Visa, MasterCard, and American Express are also accepted. **There is a \$20 charge for all returned checks.**

Join the Loyal Heights Advisory Council!

Advisory Council and committee members are a critical part of the Loyal Heights Community Center operations. All of our programs, services, and projects are shaped by community feedback and participation. If you have a particular area of interest, please leave your name with Mike or LaShawn (206) 684-4052.

Monthly Meeting Schedule:

4th Wednesday, 6:30 - 8:30pm

Committee Meetings:

Varies depending on interest, availability, and timelines.

Advisory Council:

Cheryl Dyer	Chair
Eli Tangen	Vice Chair
Sharon Mahsman	Secretary
David Martin	Treasurer
David Eggenberger	Member
Stu Frothingham	Member
Nona Larson	Member
Mike McFarlane	Member
Judy Tangen	Member

Policies and Procedures

ADA Compliance

Reasonable accommodation will be made on request for persons with disabilities. For sign language interpretation, auxiliary aids, or other accommodations, call (206) 684-4052 or TDD (206) 233-7061. If a program is scheduled in an area that is not barrier-free for wheelchairs, we will make every effort to find a similar program in an accessible location.

Anti-Discrimination

As a matter of policy, law and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap (Seattle Municipal Code 18.12.280).

Fees and Charges

The Loyal Heights Advisory Council provides the programs listed in the brochure under an agreement with the Seattle Department of Parks and Recreation. Fees collected by the Advisory Council are used to offset the costs of these programs. A recreation participation fee of 1.6% will be included in all fees listed for youth, adult, and senior classes. Fees are also paid to the Department for each adult athletic game, youth practice, or youth game to offset the overall operational expenses. Some fees include B&O taxes in accordance with provisions of the State Tax Code.

Refunds and Credits

It is the policy of the Seattle Parks and Recreation and the Associated Recreation Council that:

Any person who registers for a class, camp, special event or program that is cancelled for any reason by the Department or the Advisory Council will receive a full refund.

Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund within 14 days of its start (or before the second session of a class), may receive a refund minus a service charge.

Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or before the second session of a class), will receive no refund. There are no refunds for missed classes due to illness or other personal reasons.

You may ask to read the entire policy for specific information at the front desk.

Class Requests

Is there a class you would like to see offered at Loyal Heights Community Center? Give us a call or drop us a note in the "suggestion box" located at our front desk.

Lobby Hours Open for Play

Our lobby is open to the public during our business hours. Available for all ages to play are: ping pong and pool at no charge.

**LOYAL HEIGHTS COMMUNITY CENTER WILL BE CLOSED FROM
DECEMBER 21 THROUGH JANUARY 4 FOR MAINTENANCE.**

Loyal Heights' Staff

Mike Brady

mike.brady@seattle.gov



Coordinator

LaShawn Street

lashawn.street@seattle.gov



Assistant Coordinator

Sue Hare

sue.hare@seattle.gov



Building Maintenance Laborer

Jefri Peters

jefri.peters@seattle.gov



Teen Development Leader

Marci Jaye

marci.jaye@seattle.gov



KidZone Director

Penny Atwood

penny.atwood@seattle.gov



Recreation Attendant

Loyal Heights Community Holiday Donation Tree

Through the month of December

Argosy Christmas Ship

Sunday, December 11, 2003
ship arrives approximately at 9-9:35pm

Come down to Golden Gardens Park, 8498 Seaview Ave NW and sing your favorite Christmas carols in front of a huge open fire as the Christmas Ship sails by. Keep warm with coffee and hot cocoa (donated by Starbucks) along with cider provided by the Loyal Heights Advisory Council. Santa will be there handing out Candy Canes..

Parents Night Out

December 20, 2003

4 - 8pm

\$12 per child (\$10 for each sibling)

Hey Parents – here's your chance to tackle holiday shopping in search of those last minute gifts without your kids! Your kids can hang out at the Heights under close supervision while watching movies, playing games, creating arts and crafts, and eating pizza! Pre-registration is required.

Chess Tournament

United Nations Association presents a free Chess Tournament!

Saturday, February 21, 2004

Loyal Heights Community Center

9:30am - 5pm

Registration begins at 9am at the door. Please bring your chess set and lunch. 1st Place trophies will be awarded! 2nd - 5th Place receive certificates!

Classifications/Grades: Kindergarten - 2nd, 3rd - 4th, 5th - 6th, 7th - 9th, 10th - 12th, and Adults (18 and over)

Loyal Heights C. C. is Giving Back to the Community

The Loyal Heights Youth Programs are asking families to look in your closets, under your bed, behind the couch for any of these new or used clothing items that your family is currently not using (coats, sweaters, pants, socks, etc.). Please talk to LHCC Staff if you have any questions 684-4052. Please drop off donations at front desk. Sponsored by KidZone Afterschool Program and Teen Advisory Council. Donations given to support local families through the NorthWest Emergency fund.

Themes:

December: games, toys and books

January: food items

February: TBA, based on needs

March: TBA, based on needs

As we shop for our loved ones this holiday season, please remember those who are less fortunate and may need a little help this time of year. A Donation Tree will be in our front lobby to accept donations. Donations will be delivered to local shelters for our neighbors in need.

Friday Family Nights

Come to the Heights to watch movies on a screen larger than life! Hosted by Penny, the evening is sure to be fun filled and action packed. Snacks will come from the Disney Cookbook and coordinate with the selected movie of the evening.

\$2 per child, \$3 per adult / \$10 family deal

January 9 | Family Game Night

Snack: Popcorn

Cost: Free

January 23 | Movie: Beauty and The Beast

Snack: Belle Smoothies (made with fruit and yogurt)

February 6 | Teddy Bear Picnic

Bring a teddy bear and a snack to share. A story will be told and we will make teddy bear puppets.

Cost: \$1 per person

February 20 | Movie: Snow White and The 7 Dwarfs

Snack: fruit bowls

March 5, 2004 | Puppet Making

Bring a sock OR we will provide paper bags and supplies.

No snack

Cost: \$1 per person

March 19, 2004 | Movie: Peter Pan

Snack: Caption Hook Kabobs

April 2, 2004 | April Surprise Cookies

Cost: \$2 per person

Also April 2nd will mark our first Roller Skating Party

SO bring your skates and lets have some fun. Roller Skating will be every Friday.



32nd Annual Pancake Breakfast

Sunday, March 7, 2004

Begins at 8:30am - Ends at 12noon

Suggested donation: \$4/person
(children 5 and younger eat free)

Fire up the grill! This is no ordinary event! This is Loyal Height Community Center's biggest fundraiser of the year. All proceeds are used to help families in need take part in programs and activities throughout the year. Come enjoy the warm company of friends and neighbors, music, and generous helpings of "all you can eat" pancakes, sausage, eggs, and beverages. Special acknowledgement to our major contributors: Ballard Market, Ballard and Crown Hill Safeways, Ballard, Holman, and Crown Hill QFCs, and Crown Hill Tully's Coffee.

Loyal Heights Elementary School Annual Auction

Saturday, March 27, 2004

Proceeds benefit music and art programs. Loyal Heights Community Center is the host site for this year's event. Call the school at 706-3880 to help on one of the many organizational committees that are being formed right now and for more auction information. Please note the facility will be closed to the public on this day. Please contact Loyal Heights Elementary School for purchase of tickets and more information.

Sensational Spring Scramble

Saturday, April 10, 2004

9:45am Meet in the center lobby to organize
10:00am Hunt begins on the front lawn and softball fields
Don't forget your baskets and bags! Rain or shine, come on down and fill your baskets with candy and toys! Children, 0 - 10 years old will be divided into age-appropriate groups. Enjoy the Community Open House in the center lobby after the hunt - complimentary coffee, juice, and donuts provided.

American Red Cross Babysitters' Training

Date: TBA | 9am - 4pm
min 10/max 12
Ages 11-15
\$35

"Because you care...prepare." What you need to know and what every parent wants in a responsible babysitter! In this class, you will learn how to interview for a babysitting job, choose safe and age-appropriate toys and games, prevent injuries and be prepared if an emergency does happen, perform first aid, learn diapering and feeding techniques, handle bedtime issues, market yourself safely, and more!

Teen Flashlight Candy Hunt

Friday, April 9, 2004
at dusk



Preschool Wait List

If you are a newcomer and are interested in being put on a waiting list that will remain active throughout the entire preschool year, please call the center at 684-4052. Further registration information is available at the front desk.

12 weeks

Begins the week of January 5

Ends the week of March 29

No classes:

Dec. 22 - Jan. 1

January 19

February 16 - 20

School Vacation

Martin Luther King Day

Mid-winter Break

Registration

Currently enrolled families register by December 15 to reserve space.

Parent/Child Playgroup

12 weeks

Fridays

18 months to 3½

Room 3 and 4

January 9 – April 2

9:30am - 11:30am

Max 20

Instructor: Jeri Cullinane

This class is geared to enable caregivers a time to relax (at least a little bit) and talk with other adults while their children enjoy sensory, art and music activities. Older siblings half-price, siblings under 1 year free.

Winter Preschool Fees

Non-refundable deposits are required to hold space at time of registration by December 15th. Winter payments can be paid in full or the balance will be spread out in monthly payments due on the 15th of the preceding month.

Classes

Total

Optional Payment Plan

		Jan. Due by Dec. 15	Feb. Due by Jan. 15	March Due by Feb. 15
Parent/Child Playgroup	\$144	\$48	\$48	\$48
Two Day 2's (Tadpoles)	\$360	\$120	\$120	\$120
Coop 2's (Cubs)	\$180	\$60	\$60	\$60
Two Day 3's (Grizzlies)	\$432	\$144	\$144	\$144
3 Day 3's (Chipmunks)	\$630	\$210	\$210	\$210
3 Day 3's Coop (Bears)	\$630	\$210	\$210	\$210
3 Day 4's (Ravens)	\$630	\$210	\$210	\$210
PM Pre K (Eagles)	\$648	\$216	\$216	\$216
AM Pre K (Raptors)	\$840	\$280	\$280	\$280

Two Day 2's | Tadpoles

12 weeks

Tues. & Thurs.

2 years (by Aug 31, 2003)

Room 1

January 6 - March 30

9:30am - 12:00pm

Max 6

Instructor: Denae Gordon

Two year olds learn to share and interact with other children in a safe and nurturing environment. Age appropriate curriculum includes free play, art, sensory, music, stories, and small/large motor skills. Come join the fun!

Co-op 2's | Cubs

12 weeks

Thursdays

2 years (by Aug 31, 2003)

Room 4

January 8 - April 1

9:30am - 12:00pm

Max 10

Instructor: Heike Burr

Learning through art, stories, music, sensory activities, and cooperative playtime. This simplified co-op requires only that each parent stays in class twice during the quarter. Join us for a great beginning to your child's preschool experience.



Two Day 3's | Grizzlies

12 weeks January 6 - April 1
Tues. & Thurs. 9:30am - 12:30pm
3 years (by Aug 31, 2003) Max 8
Room 5

Instructor: Lynn Frothingham

Come to preschool to make friends and have fun! Artwork, stories, songs, sensory and small and large motor skills will be explored. Three year olds will make lots of discoveries in this responsive, positive environment.

Three Day 3's | Chipmunks

12 weeks January 5 - April 2
Mon, Wed, Fri. 9:30am - 12:30pm
3 years (by Aug 31, 2003) Max 6
Room 1

Instructor: Denae Gordon

Drop off your 3 year old for three hours of preschool fun in a safe and nurturing environment. Arts and crafts, stories, small/large motor skills and music are all a part of this fun-filled day. Must be potty trained.

Three Day 3's Co-op | Bears

12 weeks January 5 - March 31
Mon, Tues, Wed. 9:30am - 12:30pm
3 years (by Aug 31, 2003) Max 10
Room 4

Instructor: Heike Burr

Learning through art, stories, music, sensory activities, and cooperative playtime. Class will also include introduction to the alphabet and numbers. Join us for a fun time learning and sharing with friends. This is a simplified co-op with no evening meetings, no board positions and no detailed job assignments. Must be potty trained.

Three Day 4's | Ravens

12 weeks January 5 - April 2
Mon, Wed, Fri 9:30am - 12:30pm
4 years (by Aug 31, 2003) Max 10
Room 5

Instructor: Jenny Youngman

Preschool fun through discovery of the arts, science, literature, sensory activities and more. In our classroom, children will be exposed to world cultures through games, songs, crafts, and food! Four year olds will develop life skills in a positive, caring, and creative environment.

Afternoon Pre-Kindergarten | Eagles

12 weeks January 6 - April 1
Tues, Wed, Thurs. 1pm - 3:30pm
4 & 5 years (by Aug 31, 2003) Max 10
Room 3

Instructor: Margaret Clarrissimeaux

Co-teacher: Janice Kirstein

Brighten up your afternoon. This classroom for 4 and 5 year olds weaves art, music, math, science, drama and language arts with exciting themes. Children will experience the fun of making new friends and playing together in a creative learning environment. On Tuesdays and Wednesdays, there is a co-teacher. On Thursdays a parent or two participate in the class. This is a simplified co-op with no evening meetings, no board positions and no detailed job assignments.

Morning Pre-Kindergarten | Raptors

12 weeks January 5 - April 1
Mon, Tues, Wed, Thurs. 9:30am - 12:30pm
4 & 5 years (by Aug 31, 2003) Max 10
Room 3

Instructor: Jeri Cullinane

Arts, science, math, songs, drama, language, and social studies for 4 and 5 year olds. Experience cooperative learning with other children and parental connection that enhances confidence and self-esteem. This is a simplified co-op with no evening meetings, no board positions, and no detailed job assignments.

K - 5th Grades**Director:** Marci Jaye**Staff:** Galen Mabbott
Kim Nyugen**Hours of Operation:**

AM attendance: 7am - 9am

PM attendance: 3pm - 6pm

Full Day Camp: 7am - 6pm

1/2 Day Camp: 1pm - 6pm

(early release days)

No Winter Program Dates:

January 1 New Year's Day

January 19 Martin Luther King's Day

February 16 President's Day

Are you looking for a positive environment for your child to be in before and/or after school? We offer cooking, homework club, games, sports, arts/crafts, and much more! Our KidZone members enjoy great friendships, activities, and free time everyday. Snack provided both AM and PM. Our van services local schools. Most parents are able to make arrangements for Laidlaw bus service to drop off at or near Loyal Heights Community Center from schools out of the area.

KidZone also offers all day or partial Day Camps on days that school is out for vacations and teacher in-service days for an additional fee. This program is not in session on City holidays. See above dates.

Payments are expected by the 25th of the preceding month. **One month notification required to change scheduled attendance.**

Loyal Heights Community Center is Giving Back to the Community

The Loyal Heights Youth Programs are asking families to look in your closets, under your bed, behind the couch for any of these new or used clothing items that your family is currently not using (coats, sweaters, pants, socks, etc.). Please talk to LHCC Staff if you have any questions 684-4052. Please drop off donations at front desk. Sponsored by KidZone Afterschool Program and Teen Advisory Council. Donations given to support local families through the NorthWest Emergency fund.

KidZone Fees:

	5 days	4 days	3 days	2 days	1 day
AM Only	\$175	\$172	\$129	\$86	\$43
PM Only	\$230	\$220	\$165	\$110	\$55

Seattle Public School Early Release days are included in these prices. In-service days are **not** included in these prices. Full Day camp on these days are \$27. Pre-registration at the front desk is required. Scholarships available. Please inquire at the front desk.

Signing Up**Paperwork needed:****1) Participant Information and Authorization Form**

(Yellow) All families will complete a new form this year.

2) Immunization Form

If you have one on file...you're done, otherwise one is required.

3) Registration Form

Completed for registration.

Winter Themes:

January

Community Kindness

February

Winter Wonderland

March

The Green Machine

**Summer Daycamp****June 21 - August 27**

10 weeks

\$135/week

Deposit will be \$25/week

Please inquire with the front desk for more information.

Summer registration begins March 30, 2004.

Themes:

December: games, toys & books

January: food items

February: TBA, based on needs

March: TBA, based on needs

Gymnastics

\$20 per year insurance coverage requirement

Each session is 5 weeks long.

Session I January 5

Session II February 9

(holiday make-up classes to be arranged with Kim)

Note: there is a 3 child minimum for every class.

Schedule is subject to change.

Instructor: Kim Nguyen

All classes are taught by Kim Nguyen. Kim is a former level 10 gymnast and has taught recreational and competitive gymnastics since 1999. She is a third year student at the University of Washington.

Monday

1:00 - 1:45 Tiny Tumblers
1:45 - 2:30 Level 1/Level 2
4:00 - 5:00 Level 1/Level 2
5:00 - 6:00 Level 1/Level 2

Wednesday

1:30 - 2:15 Tiny Tumblers
2:15 - 3:00 Tiny Tumblers
3:00 - 3:45 Tiny Tumblers
4:00 - 4:45 Tiny Tumblers
4:45 - 5:45 Level 1/Level 2

Friday

2:00 - 2:45 Tiny Tumblers
2:45 - 3:30 Tiny Tumblers
3:45 - 4:45 Level 1/Level 2
4:45 - 5:45 Level 1/Level 2

Tiny Tumblers

3 - 5 years | 45 minutes | **\$50/session**

Tiny tumbler classes are 45 minute classes designed for preschoolers ages 3 to 5 years old. Tiny Tumblers will be taught basic gymnastics skills while having lots of fun in a safe and happy environment.

Level 1 - Beginner

6 - 12 years | 60 minutes | **\$55/session**

Level one teaches beginner gymnastics to children 6 to 12 years old. Level one students will practice basic gymnastics and dance skills, flexibility, strength and body awareness. Recommended for children with no gymnastics experience.

Level 2 - Intermediate

6 - 12 years | 60 minutes | **\$55/session**

Level two teaches intermediate gymnastics to children 6 to 12 years old who have had prior gymnastics experience. Level two students will practice perfecting skills learned in the beginner level and progress towards more difficult gymnastics skills. Recommended for children with prior gymnastics instruction.

Gymnastics Class

You are invited to attend one free class. Please call to reserve a spot. We look forward to introducing you to our fun filled gymnastics program. Classes are for children ages 3 - 12. Expires June 1, 2004. Loyal Heights Community Center. 2101 NW 77th Street/Seattle, WA 98117 ph: 684-4052

Aikido for Kids

5 week sessions

Session I

Session II

Tuesday & Thursday

Level 1

Level 2

\$54 per session

January 6 - February 12

February 24 - April 1

Min. 5

4 - 4:50pm

5 - 6pm

Aikido is a non-competitive, defensive martial art from Japan. This martial art focuses on balance, timing, and using an attacker's force against them to achieve solutions where no one is harmed. Our class will focus on skills and tumbling as well as discipline and etiquette. We will have games and activities that focus on learning skills. It is open to students ages 6 through 10. Students should wear sweats or leggings and a t-shirt. Feel free to wear a uniform if you have one.

Instructor: Allison Maine

Allison Maine has been a practitioner of Aikido for the last 10 years. She is currently ranked as Nidan. In addition, Allison brings 8 years of working with children to this new program.

Drama Workshop for Kids

5 week sessions

Session I

Session II

January 12 - February 14

March 1 - April 2

\$105/session

Min. 8/Max. 15

Mon./Wed./Fri.

4 - 6pm

1 day or 1 week options available

Instructor: Renee Potter

Renee is a K-8 teacher with a master's degree in multi-cultural education and a particular interest in children's writing. A call for all actors and playwrights - 1st through 4th grades! Using an existing story, Drama Workshop kids produce and perform a play at the end of each week - complete with costumes and sets.

The Drama Workshop is hands-on and emphasizes team effort. Participants are involved in all aspects of producing the plays. They apply and develop critical thinking skills at high levels, interpreting, analyzing and synthesizing as they use the story elements to create a script and appropriate sets, costumes and/or masks. Bring your creativity and enthusiasm to have drama fun!

Private Piano and Organ Lessons for Youth & Teens

Ages 7 years and older

Ages 6 and under accepted (with teacher consent) for weekly 40 minute lessons (\$222)

12 weeks

January 8 - March 26

Tues./Wed./ or Fri.

6 - 9pm

\$111

Room 3

Instructor: Joyce Bailey

Learn to play the piano and organ from an experienced professional teacher in weekly 20 minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Individual 20 minute lessons will be arranged with instructor. Joyce has over 35 years of teaching experience and is a member of the Seattle Music Teacher's Association.

T-ball (ages 6 - 7) \$40
Coach Pitch (ages 8 - 9) \$40

T-ball and Coach Pitch introduce your child to the fundamentals of baseball. Kids learn techniques of throwing, catching, fielding, and hitting off of a "T" or batting off of a friendly coach. All abilities are welcome for girls and boys. Practices and scrimmages begin in April and end in June with T-Ball scrimmages on Fridays and Coach Pitch scrimmages on Saturdays. Team formation is based on returning players and random selection if teams fill. **Pre-registration for last year's returning players begins February 24th. Newcomers may put their name on a waiting list to be placed on a team if openings become available beginning March 16th. Space is limited so please sign up early! Volunteer coaches and helpers needed.**

Girls Softball (ages 10 - 17) \$40

Citywide girls softball teams will be formed on returning players and random selection if teams fill. Practice times will be during the week with games on the weekends. Practices and games begin in April and end in June. **Pre-registration for last year's returning players begins February 24th. Newcomers may put their name on a waiting list to be placed on a team if openings become available beginning March 16th. Volunteer coaches and helpers needed.**

Volunteer Coaches Needed!

Your involvement makes a huge difference! We're always in need of talented people who love to work with children for our youth sports programs. We need head coaches, assistants, and people who want to help with team organization. Depending on your interest area, no experience to experience is required. Right now we're forming volunteer lists for these different sports. Please call LaShawn at (206) 684-4052 or leave your name and number at the front desk if interested.

Spring Quarter (April - June)

Indoor Nerf Soccer	5 - 6 year olds	co-ed
T-ball	6 - 7 year olds	co-ed
Coach Pitch	8 - 9 year olds	boys / girls
Girls Softball	10 - 17 year olds	
Track	7 - 17 year olds	(Ballard C.C.)

Indoor Nerf Soccer

\$35

Boys and girls ages 5 - 6 years old
 April 12 - June 4 8 weeks
 Children play in the gymnasium and learn the fundamentals of soccer. Teams will be organized and will practice once a week during times when coaches are available. Games are played on Fridays. Cost includes a t-shirt. **Volunteer coaches and helpers needed.**

Youth Track

Boys and girls ages 6 - 17 years old
 Sign up at Ballard Community Center, 684-4093.

Teen Programs

Through the passage of the Pro Parks Levy, the city of Seattle has allocated funds to finance Teen Development Leaders Jefri Peters and D'Juan Brown with in the Ballard neighborhood to provide various activities and programs for Teen grades 6 - 12 during the many times - afternoon, evenings, weekends, and summers - when they are not in school. These funds will help teens enjoy recreational, cultural, athletic, and educational opportunities in a safe, fun and welcoming environment.

The six core program areas that Teen Development Leaders will focus on are:

- Arts and Culture
- Life skills and Job Readiness (Service Learning)
- Social Recreation
- Citizenship and Leadership Development
- Sports and Fitness
- Environment Education, and Stewardship

Monthly Teen Activity Calendars are available at Loyal Heights and Ballard Community Centers front desk. To participate in any teen activities listed on the schedule you must:

- Register at Ballard or Loyal Heights Community Centers.
- Complete a Yellow Participant Information and Authorization form on file.
- For specific field trips complete a Field Trip Permission Form signed by your parent or guardian.

Remember there is limited space for specific activities and field trips. Registration must be done at least one week in advance.

All programs are supervised by a Teen Development Leader, instructor, or volunteer.

Other Fun Times To Keep in Mind

Breakdancing at Loyal Heights Community Center
 Pottery at Ballard Community Center
 Wednesday, January 15, 2004
 Third Thursday of every month

Sunday, March 7, 2004
 February 16 - 20, 2004

TBA
 TBA
 Martin Luther King Jr. march and dinner
 Ballard and Loyal Heights Teen
 Advisory Council "Round Table Meeting"
 6pm Dinner Provided
 Loyal Heights Pancake Breakfast
 Mid Winter Break
 stayed tuned for more info

Teen Development Leaders

Loyal Heights Community Center

Jefri Peters : 684-4052 : Jefri.Peters@Seattle.gov

Ballard Community Center

D'Juan Brown : 684-4093 : D'Juan.Brown@seattle.gov



The "Loft" at Loyal Heights CC

The "Loft", is dedicated space that is used solely for teen programs and activities. On average between 45-80 teens use this space on any given day. The "Loft" is always in need of and we would like to ask the community for donations to continue furnishing "the Loft". If you have a couch, chair, suitcases, desk, bookshelf, lamp, table, carpet, board games, VCR, computer etc, that are all just sitting in the garage in good condition and would like them to go to good use. All donations are tax deductible. Please contact Loyal Heights Staff.

Teen Trainers

in Training and Ballard/ Loyal Heights Teen Advisory Council.

Teen Trainers Tuesday 3 - 4:30pm
Ballard/Loyal Heights Teen Advisory Council Round
Table Meetings
3rd Thursday of every month 6pm Dinner Provided.

One of the best ways that you can earn your service learning credits is by being a part of the Teen Trainers in Training Program and the Ballard/Loyal Heights Teen Advisory Council Round Table. This hour will be set aside every Tuesday for these groups to plan, facilitate, and work on their leadership and communication skills.

Teen Advisory Council Board of Directors

Charlie McAllister	Co-President
Nik Ellis	Co-President
Emily Hall	Vice President
	(Teen Leadership Board Rep)
Monte Brown	Athletic Coordinator
Michelle Mercier	Social Coordinator
	(Teen Leadership Board Rep)
Marissa Estrada	Secretary
Anthony Johnson	Personal Assistant to the Teen Development Leader

New officers elected in December

Service Learning / Community Service Hours

Attention High School students! Loyal Heights Community Center offers Service Learning and Community Service Opportunities. Each of these opportunities requires teens who are responsible, dedicated, dependable, hardworking, trustworthy, self -motivated, detailed oriented, and comfortable with working in group settings. Many of the opportunities that we provide are service based and require an understanding of customer service. If you are interested in the many Service Learning/ Community Service opportunities that we have available please call Jefri at 684-4052 or Ron Mirabueno the service Learning Coordinator at 233-3979.

WANTED

Do you have a special passion, gift, talent, and have an extra one or two hours a week of free time? The Loyal Heights Teen Program is in Need of Adult Volunteers, and Volunteer Instructors. If you would like to share your skills, time, and energy with local neighborhood teens grades 6 - 12 please contact Loyal Heights Staff.

**More teen programs
on the next page**

Life Skilz Cooking

Tuesday 3:30 - 5:30pm
 Ballard Community Center
 Grades 6 - 12 **Fee:** Free

Instructor: Jennifer Larsen

Are you an expert in Top Ramen? What about a master of the microwave burrito? If so, then you need this program more than you know. Join us every Tuesday as we discover a brave new world.... The kitchen.

Suitcases of Hope

Wednesdays 3 - 4pm
 Loyal Heights Community Center
 Grades 6 - 12 **Fee:** Free

Suitcases of Hope is a program where Teens personalize and decorate donated suitcases for foster children in our community. If you have a passion for art or just like to have fun this is a great way to make a positive difference in our community.

Open Swim and Ballard Pool

Wednesdays 5 - 6pm
 Ballard Pool
 Grades 6 - 12 **Fee:** Free

Come join us each Wednesday as we transport teens down to Ballard Pool and back to your community center for an hour of open swim.

Pick up time: Loyal Heights CC 4:30 pm
 Ballard CC 4:45 pm

Teen Room Art Mural Project

Thursday 4 - 5:30pm
 Ballard Community Center
 Grades 6 - 12 **Fee:** Free

Instructor: Jennifer Larsen

WE NEED HELP!!!! Ballard Community Center has been given the opportunity to design a mural for the Ballard Teen Room. This will be an opportunity to allow your creative juices to flow. So come by, help out, and receive Service Hours for your time well spent.

Got Game?

Thursday 4:45 - 6:30pm
 Loyal Heights Community Center
 Grades 6 - 12 **Fee:** Free

Jeopardy, Family Feud, Flick it, and Cranium are just a few of the games that we will engulf ourselves in on Thursday evenings. So brush up on your skills as we attempt to find out if you've got game!!

Beauty Shop

Fridays 3:30-4:30pm
 Loyal Heights Community Center
 Grades 6 - 12 **Fee:** Free

Join us every Friday as we learn the secrets of beauty by professionals. Each week will focus on something new and exciting. From Hair and makeup to health and fitness, this program is guaranteed to be refreshing and revitalizing.

Dinner Club

Fridays 5:30 - 8pm
 Pick up sites: Loyal Heights and Ballard Community Centers
 Grades 6 - 12 **Fee:** \$5 each Friday

Dinner club is an exciting new feature in Ballard area teen programming. Each Friday we will explore new culinary delights. Bring your appetite, 5 dollars and a sense of adventure. Please arrive at either site no later than 5:30.

Homework Circle (HWC)

Mondays - Thursday 2:30 - 3:30pm
 Loyal Heights and Ballard Community Centers

Dedicated space will be set aside at each community center for one hour after school Monday - Thursday for those teens that would like help with their homework or upcoming projects.

Open Gym

Monday - Friday 3 - 4:30pm
 Loyal Heights Community Center
 Grades 6 - 12

Each day Loyal Heights Community Center will open their gym doors so that Middle School and High School students have the opportunity for some free shoot time during the winter months.

Teen Weight Room Takeover

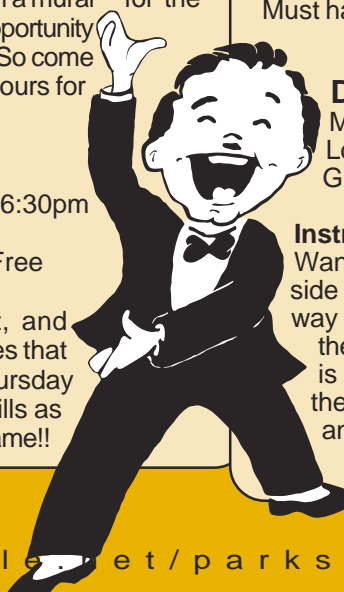
Mondays & Wednesday 4:30 - 6pm
 Loyal Heights Community Center
 Grades 6 - 12 **Fee:** Free
 Must have Weight Room Orientation.

Dance Fever (Urban Elements)

Monday 2:30 - 3:30pm
 Loyal Heights Community Center
 Grades 6 - 12

Instructor: Kim Nguyen

Want to fresh up on your grooves? Want to ditch the side to side sway that you have become accustomed to? Want a way to work in your winter workout while having fun? If so, then this program is for you. Dance Fever Urban Elements is a specialized Hip-Hop dance class that breaks down the dance forms which make up a large part of Hip-Hop and allows you to self choreograph a hip hop dance for you and your friends while enjoying a full aerobic workout.



Weight Room

New
Lower
Cost

Cost:	\$35	6 months
	\$20	3 months
	\$10	1 month
	\$1	Drop-In visit
	\$15	10 visit Punch Card

Lift those weights and pump that iron! Equipment includes a stair master, stationary bike, free weights, treadmill, and four weight machines. Ages 18 and older. The weight room is available to participants over 16 years of age with a parent.

The weight room is open during the following times:

Monday	1 - 8:45pm
Tuesday	10am - 6:30pm
Wednesday	1 - 8:45pm
Thursday	10am - 6:30pm
Friday	12:30 - 8:30pm
Saturday	10:15am - 4:45pm
Sunday	Closed

These hours subject to change

Circuit Training for Women | \$50

Tue. 10 weeks	Jan. 6 - March 9	7 - 8pm
Thurs. 10 weeks	Jan. 8 - March 11	7 - 8pm

It's only too late if you don't start now! A high-energy, low impact workout using free weights and machines to strengthen, followed with mat work and yoga stretching. A great class to maintain or improve your health.

Personal Trainer

Days/Times: TBA
\$35 per session

Instructor: Barbara Ode

One-on-one personal training with the focus on YOU. Anyone, of any age or ability, can begin a comprehensive strength program designed to fit THEM. The focus is on proper form combined with the breath to maximize your efforts. Stretching is included.

Origami

5 week sessions

Session I

Session II

Thursdays

\$40

January 15 - February 12

February 19 - March 18

6 - 7pm

min 5 / max 10

Instructor: Joyce Bailey

Origami, the ancient Japanese art of paper folding, can be more than just a children's activity. With precise folding, decoration, and a little imagination, you can make fascinating mobiles, miniature gardens, 3-D pictures, cards, books, etc. This class will also teach you how easy it is to create authentic deer, cranes, frogs, birds, fish, crabs, ducks, penguins, etc.

Loyal Heights wants to open a neighborhood Computer Lab!

We are looking for donations of computers (monitors, keyboards, towers, mice, external hard drives, printers, computer desks, computer tables, etc). Good for your taxes! Loyal Heights is a nonprofit agency which will allow a deduction when April 15 rolls around. Call 684-4052 for details.

FUN FIT

M/W/F 9:15am - 10:15am

This program is ongoing

Fast Pass \$20 / 5 classes

Fast Pass \$40 / 10 classes

Buy 10 classes and get 1 free

No class September 1, 3, 5

Instructor: Tracy Peltier

Creative Director: Barbara Ode

Come and experience the joy of movement! High or low impact aerobic dance using a wide variety of music; followed by strength training, abdominal work, and stretching, with an emphasis on FUN!

Childcare Available During FUN FIT

We offer childcare while you work out.

\$2/one child

\$3/two children

\$5/three children

\$7/four children

Rise and Shine Yoga

Wednesday 10 weeks

Jan. 7 - March 6 11am - 12pm

Adult rate \$50 / \$7 per drop in

Senior rate \$30 / \$5 per drop in

Fun Fit rate \$40 / \$6 per drop in

Instructor: Barbara Ode

This is a highly adaptable form of yoga honoring each individual's needs. The emphasis is on function over form, linking breath and movement. Strengthen, lengthen, and rejuvenate your body and mind.

Private Piano and Organ Lessons for Adults

12 weeks January 8 - March 26

Tues./Wed./ or Fri. 6 - 9pm

\$111 Room 3

Ages 18 and up

Instructor: Joyce Bailey

Learn to play the piano and organ from an experienced professional teacher in weekly 20 minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Individual 20 minute lessons will be arranged with instructor. Joyce has over 35 years of teaching experience and is a member of the Seattle Music Teacher's Association.

Working with Word

Days/Times: TBA

\$35 per session

Instructor: Melody J. Bostad

Megabytes, kilobytes, RAM, ROM, hardware, software...does all this sound like a foreign language to you? Learn the language of computers with personalized instruction. Special attention to Word, including formatting documents using the templates provided. Operating system is Windows XP Pro. Session will be 45 minutes in length to be arranged with instructor. Call Loyal Heights to set up an appointment.

N.W. REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

Stacie Sheridan, Recreation Specialist
(206) 233-7138

No Classes: January 19, February 16

Make-Ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

Class registration begins December 22.

All Class Payments: Checks payable to: "SAAC", and mail to: Senior Adult Programs, Att: Stacie / 8061 Densmore Ave. North / 98103.

N.W. Division Sites:

Ballard CC	6020 28th Ave. NW
Bitter Lake CC	13035 Linden Ave. N.
Loyal Heights CC	2101 NW 77th St.

Fitness and Dancing

CIRCUIT TRAINING | \$22.00

This class is perfect for all fitness levels. Gain strength, greater flexibility, look and feel better.

B. Ode	Tues	9-10 am	Loyal Heights
B. Ode	Thurs	9-10 am	Loyal Heights
B. Ode	Fri	11-12 noon	Loyal Heights

TAI CHI FOR EVERYONE | \$25.00

Learn slow, gentle exercises that are good for balance, muscles strengthening and range of motion. This class uses the Yang-style short form.

Karin Collins Wed 10:30-11:45 am Ballard

YOGA & MEDITATION | \$22-1 day week

Practice positions to build strength/flexibility while deepening relaxation to improve daily life.

S. Denison	Mon	10:15-11:15am	Loyal Heights
S. Denison	Thurs	10:15-11:15am	Bitter Lake

DROP-IN PICKLEBALL | Free

Continue to exercise and improve your skills by teaming up with other players – fun and challenging!

Tuesdays 12:30-2:30 pm Loyal Heights

LINE DANCING (Begins Jan. 13) | \$18.00

Move to the music! NO experience or partner needed. Great for the body and soul. Instructor: Jayla McGill

Tuesdays 9:00 - 10:00pm Ballard

What's Cooking?

Rosangela creates FUN, new and exciting dishes in these sessions. Receive recipes and have lunch. Each class is \$10.00. **Pre-register by calling 233-7138.**

Tuesdays 10:30-12:30 pm Bitter Lake CC

Great Vegetarian Cooking

Jan 13

Thick, hearty, exotic, delicious, & healthy dishes.

Healthy 1 Skillet Dinners

Jan 27

Just what the doctor ordered but with incredible flavor!

Low Fat & Lovin' It!

Feb 3

Recipes packed with flavor, perfect after a long day.

Hearty Italian Winter Soups

Feb 17

Thick & hearty, soul-satisfying soups.

Russian Cuisine

March 2

Features borscht, potato salad, & other Russian classics.

World Of Tofu

March 9

This CAN'T be Tofu! Come and find out the many delicious ways to prepare this nutritious protein source. *Culinary Arts

Field Trip

\$5.00

(SEE TRIP PAGE FOR DESCRIPTION)

Lunch Club

Explore the hottest local foods with fun people. Register Jan 5, 8am, 233.7138. Limited capacity. There is automatic 17-20% gratuity on your table's tab. Meet at Ballard CC. 11am. Each trip is \$3.00 paid in advance. Tuesdays. \$=\$10.00

CARMINE'S \$\$ Italian

Jan 27

LYNN'S BISTRO \$\$ French/Asian

Feb 24

FISH CLUB \$\$ Seafood, Mediterranean

Mar 16

MADCAP MOVIES & LUNCH | \$5.00 Each

These 2 films celebrate the golden age of American comedy film., followed by a delicious lunch.

Mondays 10:15 – 1:00pm

Ballard

The Awful Truth 1937 Comedy about a couple filing for a divorce with the only hitch being who will get custody of their beloved terrier. Feb 2

It Happened One Night 1934 comedy starring Clark Gable as a hard-bitten reporter who stays close to a runaway heiress (Claudette Colbert) rather than lose a good story. Funny and sexy. March 8

BALLARD BOOK CLUB

Meet the last Friday of the month at Ballard Library, 5711 - 24th Ave NW at 10:30a.m. All are welcome.

Jan 30: *The Bird Artist*

by Howard Norman

Feb 27 *Invisible Man*

by Ralph Ellison

Mar 26 *The Autobiography of Miss Jane Pitman*

by Ernest Gaines

Spring Planning Meeting

Your input is wanted to provide the best activities possible. Please bring ideas, newspaper clippings, suggestions for classes, workshops, trips, and more.

Jan 12 (Mon) Walking 10:15-11:15 am

Ballard

Jan 12 (Mon) Trips 11:15-12:15 am

Ballard

Helping Hands

An opportunity to give back to our wonderful Seattle Parks. Simple, 1 hour, non-strenuous work/socialize. Bring sack lunch. We provide drinks & treat. Register, 233-7138, Dec 23rd, 8:00 am. Name which parks you'll be assisting with. Van pick-up: Ballard. Tuesdays

Jan 13	10:15-1:30pm	Carkeek Park
Feb 17	10:15-1:30pm	Carkeek Park
Mar 2	10-2:00pm	Atlantic St Nursery

Hikes and Walks

Register: call Dec 23, 8am at 233-7138. Walk at your own pace for up to 1 hour & 15 minutes. Wear all terrain shoes. Please name the walks you'll attend. Rain or shine! Lunch in local towns, on your own.

Time: 10:15am - 3 pm. **All walks \$5.50-pd in advance.**
Van Pick-Up: Ballard CC * All Tuesday outings.

Juanita Bay	Jan 6
Magnuson Park	Jan 20
St. Edwards Park	Feb 3
Lake Forest Park	Feb 10
May Creek Trail	March 9

TRIP REGISTRATION INFORMATION

***MAKE CHECKS PAYABLE TO: SAAC**

***MAIL CHECKS TO:** Senior Programs, Att: Stacie,
8061 Densmore Ave. N., Seattle - 98103

Trip Registration: Register by calling 233-7138 at 8:00 am on the *date* listed under each trip. You may sign up yourself and one other person. Trip dates, times and destinations are subject to change. When you call, leave your name, phone number, name of trip & pick-up site. You'll **ONLY** be called back if you're on the Wait List. ***PAYMENT must be received 5 working days PRIOR to departure. Trips are on Wednesdays unless noted.**

PICK-UP SITES:

Ballard CC	6020-28 th NW
Bitter Lake CC	13035 Linden Ave. N
(*Bitter Lake please park your car on the upper road)	
Loyal Heights	2101 NW 77 th

South Bound Trips:

Bitter Lake- leave 30 minutes, Loyal Heights 15 min before time listed, Ballard time listed

North Bound Trips:

Ballard 30 min early Loyal Heights 15 min early, Bitter Lake time listed.

Vans will only wait for late people for 5 minutes.

ALL TRIPS ARE WEDNESDAY UNLESS NOTED

KNOWING NOAA | \$3.50

National Weather Service is a part of our everyday life. Come and learn about this service and a lot more. Lunch on your own.

Jan 7 (S bound) 10:00am - 3:30pm

Reg: Dec 29

SUZZALO LIBRARY & HENRY GALLERY | \$4.00

Feel the presence of light inhabiting a space at this incredible show, then tour the gothic-style Suzzalo Library on your own. Lunch on your own.

Jan 14 (S bound) 10:30am - 4:30pm

Reg: Dec 22

GREAT SCOTS! | \$4.50

Celebrate Robbie Burns day by touring the Utilikilt company and the Hector Russell Scottish Imports. The person who wears the most plaid gets the trip for free! Lunch on your own.

Jan 21 (S bound) 9:45am - 5:30pm

Reg: Dec 30

CONCORD 2004 | \$4.00

Tour the Museum of Flight and see what about the Concord is all about. Also take in the much talked 2 Tarts Bakery (lunch on your own).

Feb 4 (S-bound) 10:00am - 2:00pm

Reg: Jan 6

A DELICIOUS DAY | \$4.00

Enjoy a delicious early bird Salmon buffet lunch at North Seattle Culinary School, then onto another cupid day event. Please make check, \$13.50, payable to NSCC. Please mail by Jan 27th.

Feb 11 (N-bound) 11:30am - 3:00pm

Reg: Jan 20

REACHING OUT | \$4.00

Tour the Library for the Blind and Lighthouse for the Blind. Lunch on your own. A super trip!

Feb 25 (S-bound) 10:15am - 3:30pm

Reg: Feb 3

REP THEATRE The Time Of Your Life | \$14.00

Join the ragtag regulars of Nick's waterfront saloon in San Francisco. Stories of characters' forgotten dreams and un-lived lives in the final days of the Great Depression. 2:00 pm show. Lunch on your own.

Mar 3 (S bound) 11:45am - 5:00pm

Reg: Feb 10

PORT OF SEATTLE | \$4.00

In my past 8 years with seniors, this has got to be one of the highest rated tours we've taken. See what there is to see and learn in our beautiful port. Lunch on own.

Mar 10 (S-bound) 10:00am - 2:00pm

Reg: Feb 17

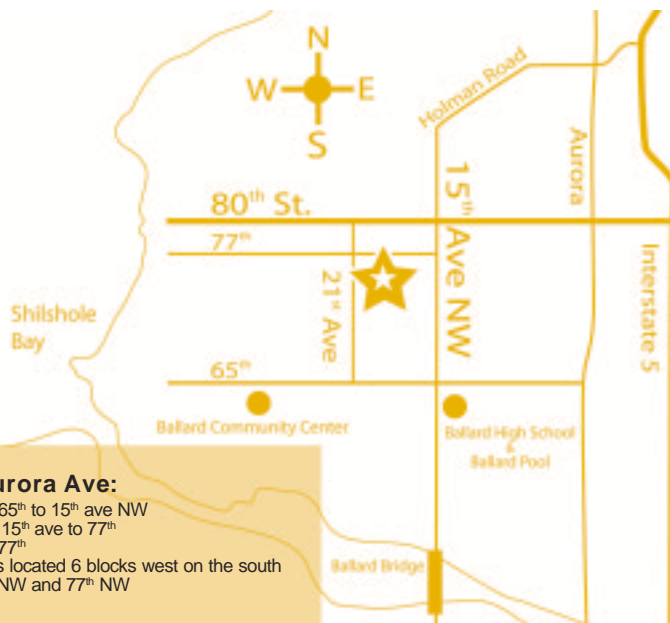
CULINARY ARTS FIELD TRIP | \$5.00

Join Rosangela for a fascinating tour of the Central Market, then on to Pacific Food Imports for more touring and tasting. Lunch on own. (Monday trip)

Mar 15 (S bound) 10:00am - 2:00pm

Reg: Feb 27

Loyal Heights Community Center



From Aurora Ave:

- go west on 65th to 15th ave NW
- go north on 15th ave to 77th
- turn left on 77th
- the center is located 6 blocks west on the south side at 21st NW and 77th NW



Seattle Parks and Recreation
Loyal Heights Community Center
2101 NW 77th ST.
Seattle, WA. 98117
(206) 684-4052
K1638
